



4-H Clover Connection

Texas County
OSU Extension Office
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<http://oces.okstate.edu/texas>

May/June 2023

<i>Pioneer Day Parade Decoration</i>	<i>May 5</i>
<i>Pioneer Day Parade</i>	<i>May 6</i>
<i>Rifle Practice</i>	<i>May 25</i>
<i>Outdoor Camp</i>	<i>June 2-4</i>
<i>Food Workshop</i>	<i>June 7</i>
<i>County Food Contest</i>	<i>June 10</i>
<i>Metal Workshop</i>	<i>June 16</i>
<i>Muzzle Loader Practice</i>	<i>June 17</i>
<i>Woodworking Workshop</i>	<i>June 20</i>
<i>Cloverbud Camp</i>	<i>June 22</i>
<i>State Volunteer Conference</i>	<i>Jun 23-24</i>
<i>State 4-H Round Up</i>	<i>July 25-28</i>

Food, Fun, 4-H ready for Exciting Summer in the Kitchen

Back for its fourth year, and better than ever, the Food, Fun, 4-H project kicks off in May. More than 700 families already are enrolled for the summer 2023 FF4-H activities.

This fun, family activity runs from May through August and is free to participants. Each month's theme will be a surprise based off of suggestions from past participants, said Cathy Allen, 4-H curriculum coordinator at the state 4-H office at Oklahoma State University.

"Food, Fun, 4-H was developed in 2020 as a way to help youth develop kitchen skills, as well as to help bring the family back to the table for meals," Allen said. "Families are understandably busy, but sitting down together as a family to eat a home cooked meal is important. That first year we hoped to have 50 families participate, and we far surpassed that goal. Summer 2023 is our biggest year yet."

All youth who register for the program receive monthly themed packets via email containing recipes for a complete meal, featuring colorful photos with step-by-step directions. Participants also receive nutritional facts, educational information, conversation starter topics for when the family is around the table and a family physical activity challenge. This program is funded through the Walmart Healthy Habits grant, with assistance from Murphy's Department Store in Stillwater, Oklahoma.

While the main focus of FF4-H is getting families back around the dining room table, it's also about mental and physical well-being, developing new and useful skills and encouraging youth to participate in community service or civic engagement activities.

"One of our goals is to get families to try new foods. They may have tried Brussels sprouts before, but the cooking method left them soggy or unappetizing," Allen said. "New cooking methods such as roasting and including a balsamic glaze can be a game changer for this healthy vegetable. FF4-H helps them expand their food horizons."



Quote of the Month



Continue on Page 2.

Food, Fun, 4-H Continue

The family physical challenge can be taking a walk after dinner, planting flowers together or a bike ride at the park.

Another focus area within FF4-H is service learning or civic engagement activities, which ties back to all 4-H projects. Some ideas are interviewing a family member about a favorite family recipe, adopting someone at a local nursing home and visiting or collecting school supplies for next fall. The FF4-H packet will include lots of fun ideas.

"Service learning activities provide young people with opportunities to think about others," said Cathleen Taylor, state leadership and civic engagement specialist with the state 4-H office. "As families gather to prepare a Food, Fun, 4-H meal, they're encouraged to brainstorm ideas of how they can help in their community."

Allen noted that dealing with mental stress is a reality for many teens and their families and encourages them to take a mindful minute.

"A mindful minute example is taking the time to look around and focus on five things they see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste," she said. "It's amazing how much less stressed a person can feel after this activity. A mindful minute helps us ground ourselves. Another option is to journal on a regular basis."

Contact Allen at cathy.allen@okstate.edu for registration information.

PVA Meeting

PVA Meeting May 15, 2023 starting at 6pm at the OSU Extension Office

Zoom Option:

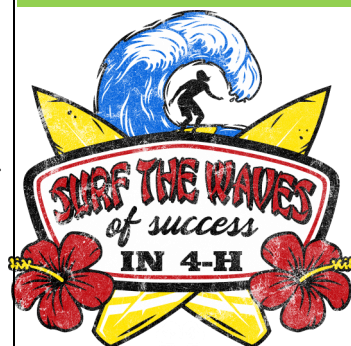
<https://okstate-edu.zoom.us/j/95390191224>

Items to discuss: State Volunteer Conference, Promotion Event, Outdoor Camp

If you have anything you would like to add to the agenda please contact Ashley or Brad



102nd State 4-H Round UP



July 26 – 28, 2023

July 25 County Night Out, is ATV Certification and riding course, followed by Dinner at Eskimo Joes.

Registration Cost \$175 covers Registration fee, T-shirt, County

Night Activities, and snacks.

If members participate in a workshop members receive 50% IF record books have been submitted, and 75% if members compete in a Round Up Contest, and record book is submitted.

Registration due May 22nd to the county Office. Contact Ashley for Registration forms and more information.

4-H Outdoor Camp

June 3rd and 4th
Black Mesa State Park
County Road 325
Kenton, OK

Start Saturday at 10am and Conclude Sunday at 10am.

(more details to come in the upcoming days)

Join us for camping, outdoor cooking, fishing hiking, and outdoor exploration Free for the whole family.

There will be a fishing contest, scavenger hunts, and members will learn how to prepare a meal campfire style (depending on burn band)

Be sure to bring :

- * Tents
- * Sleeping bags/pillows
- * Toiletries
- * Water bottles
- * Sunscreen
- * Bug spray
- * Snacks
- * Fishing pole
- * Closed toe shoes



State Parent Volunteer Conference

OK Parent-Volunteer Conference

June 23-24, 2022

Register April 29-June 2



PRE-CONFERENCE WORKSHOPS

- Project WILD
- Healthy Choices-Fitness for Life
- Registration \$25

CONFERENCE - JUNE 24

- Sixteen unique workshops
- Volunteer Recognition Luncheon
- 4-H Market Place
- Registration \$65

Details

<https://4h.okstate.edu/volunteers/parent-volunteer-conferences/index.html>



PVA is discussing possibly paying for Registration (\$90) and Dinner on June 23. Notify the County Office by May 15, 2023 if you are interested in attending. Individuals could travel together.

Cloverbud Camp

4-H And the Great Outdoors

June 22 from 9am to noon
Sunset Lake-Lions Club Pavilion

Open to Cloverbud members 5 to 8 years old
RSVP by June 20th.



Pull for Kids Service Project

The Ronald McDonald House Charities provide a home away from home for families of seriously ill or injured children who are receiving medical treatment in the Amarillo area.

Where to collect tabs

- ⇒ Home
- ⇒ Home games or events
- ⇒ Local Businesses

Collect the tabs and bring them to the County Office. Top Club receives special prizes.



Food Contest

June 10, 2023 at

Enrichment Center Guymon

Check in starts at 9:30 Contest begins at 10am

Events for the Day

Food Show with Conversational Judging, Food Showdown, Fruit and Vegetable arrangement and Cupcake wars.

Members can participate in all or 1 contest.

Must RSVP by June 8th. NO LATE ENTRIES

ACCEPTED!!



Sewing Camp

Join us for a fun, 3 day Quilting and clothing decorating workshop. Members will create garments worthy of the County Fair and Impressive dress contest.

Members will create a quilt and garments, at the conclusion of the camp, Members will show them off in the Impressive dress/Design and construction contest.

Open to youth ages 9-18.

Texas County OSU Extension Office,

Save your spot by calling
580-338-7300

To register call Ashley by **June 22**. Bring a sack lunch



Save the Date

Discovery Day

July 7th 2023

Start at 9am-5pm

More information to come.



County Workshops

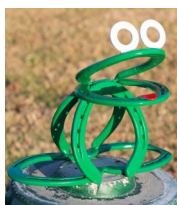
Texas County 4-H plans to have various workshop this summer to help build up the 4-H display at the County Fair, as well as introduce 4-H'ers to different projects that 4-H has to offer. Below is a list of workshops and what members are planning to make. Please be advised of the RSVP dates. If members do not RSVP, members are not able to attend. Supplies are needed to be gathered, therefore exact numbers are needed.

- Food contest Workshop-**June 7, 2023** @ Enrichment Center 9am-3pm

Introduces members to the County Food Contest. Members will participate in the Cupcake wars, Fruit and Veggie Arrangement and Food Show Down. RSVP by **June 5, 2022**. Lunch will be provided.

- Metal Workshop -**June 16,** (Location TBA) 9am-3pm

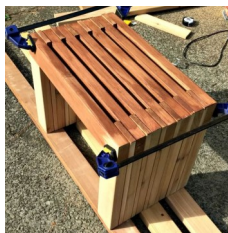
Show member the simple welding as they create horseshow sculpture. Seats are limited) RSPV by **June 12,** Bring Sack Lunch



- Woodworking Workshop-**June 20, 2023**

Hooke Ag Room 9am-3pm Show member how to cut, sand and assemble wood bench. (seats limited)

RSVP **June 15.** Bring Sack Lunch



- Shooting Sports Workshop-**July 5,** (Location TBA) 9am-3pm

There are many projects that members can create for shooting sports, verses shooting at contest RSPV **June 30.** Bring Sack Lunch



Know Your Fishing Tackle

Start with the kind of fish you will be trying to catch most of the time. Study the methods using for those fish. And the tackle preferences of others who fish for them in your area. Ask other anglers about their favorite lures or baits and rigs for them. Plan your tackle purchases so you will be prepared for the most common situations, then develop your own ideas as you gain experience fishing

Reels

Allows the angler to cast retrieve and store extra line. In combination with the right type of rod, reels let out cast your bait or lure farther. They also help you retrieve lures correctly and provide assistance in playing larger fish.



Artificial Flies

Artificial tied flies include wet, dry flies, nymphs and streamers. Nymphs are special wet flies that suggest aquatic stages of insects.



Bugs or Poppers

Deer hair, foam or cork bugs or poppers are designed to float on the surface and suggest insects, frogs or other fish foods.



Plugs

Wise anglers choose plugs with different depth ranges, actions, and color patterns proven for the fish and the area.



Sinkers

Sinkers are weights that come in many different shapes and sizes to help get your bait deeper and to cast farther. They also help you keep the line tight so you can feel the fish bite. The fishing method and the type of bottom where you fish are the 2 most important factors in choosing sinkers.



Bobbers

A bobber floats on the surface to keep your baited hook at the depth you want to fish. They also let you know when a fish bites your bait. Use a smallest, least resistant bobbers that will balance with your bait for best results.



Snap and swivels

Line twist weakens the line and makes it tangle more often. Swivels reduce that twist. For lures like spoons and spinners, swivel snaps are very important. Some lures work better when tied directly to the line.



2023 Texas County Fruit/Vegetable Sculpting/Arrangement
Cupcake Wars, Food Show and Show Down
Saturday June, 10 2023; RSVP June 8, 2023
Victory Memorial Enrichment Center, Guymon

RULES OF PLAY Fruit and Veggie Contest

Teams will consist of 2-3 team members.

Only edible fruit and vegetables are allowed in the arrangements. Toothpicks or non-edible items can be used to hold arrangements together. Teams will provide their own food for preparation. It is required that you bring gloves, trash bags, paper towels, and first aid kit.

- ◆ There will be three team divisions. Junior: 3rd –5th grade, Intermediate grades 6-8; Senior: 9-12 grade.
- ◆ Each team will be directed to a preparation station. Team will have thirty minutes to prepare the dish, and clean up the preparation area. Teams are allowed to bring their presentation scripts with them. Teams are allowed one picture no bigger than 8 x 10 of the item they are creating. It must not have any writing or directions on the picture.
- ◆ Electricity will not be available at the contest
- ◆ Each team must provide their own equipment.
- ◆ Food safety: Teams should practice proper food safety and be prepared to discuss food safety practice used by their team in their presentation to the judges. Judges will observe preparation to assist in determining the score.
- ◆ Presentation: When time is called, each team will present their dish and provide the following information: (Introduction, Creative dish name, Two major nutrients, Food preparation principles, Food Safety) All team members must participate in the presentation.
- ◆ Clean-up: Teams must clean up their preparation areas and part of the 30 minutes

RULES OF PLAY Cupcake Wars

Teams will consist of 2-3 team members.

Each team will display three cupcakes.. Each team will bring “naked” cupcakes.

Each team will bring the frosting mixed in bowls. The frosting should not be tinted prior to contest. Teams will tint and place in frosting bags, if needed at the contest. Frosting can be either store bought or homemade. If store bought, can be either white or chocolate frosting.

If teams are using fondant they can use either homemade or purchased fondant. Teams are allowed to purchase tinted (colored) fondant to use or may tint fondant off site.

Teams are allowed to use purchased edible decorating items. Only edible items can be used on the cupcakes.

There will be three team divisions. Junior: 3rd –5th grade, Intermediate grades 6-8; Senior: 9-12 grade.

Each team will be directed to a preparation station. Team will have thirty minutes to prepare the dish, and clean up the preparation area. Teams are allowed to bring their presentation scripts with them. Teams are allowed one picture no bigger than 8 x 10 of the item they are creating. It must not have any writing or directions on the picture.

Food safety: Teams should practice proper food safety and be prepared to discuss food safety practice used by their team in their presentation to the judges. Judges will observe preparation to assist in determining the score.

Presentation: When time is called, each team will present their entry and provide the following information: Introduction, Creative dish name, Two major nutrients, Food preparation principles, Food Safety, All team members must participate in the presentation; all team members must have a speaking role.

- ◆ Clean-up: Teams must clean up their preparation areas and part of the 30 minutes



Texas County 4-H
Food Showdown Contest
Saturday, June 10, 2022
Enrichment Center Guymon OK
Registration due **Thursday June 7th, 2023**
to the **OSU Extension Office**

Summary of contest:

- Kits are provided by the OSU Extension Office.
- There will be three age divisions - all grades are as of September 1, 2021.
- Juniors - Grades 3-5 (must be 8 years old and in 3rd grade)
 - * Teams will receive a simple recipe to prepare. Recipes may be modified or enhanced.
 - * One serving will be plated to be judged.
 - * Oral presentation for judge will include a brief summary of 4-H activities and discuss the food prepared during the contest. (2 minute max.)
- Intermediates - Grades 6-7
 - * Teams will receive two secret ingredients. There will be recipes available for inspiration but teams are encouraged to use creativity in the dish they prepare.
 - * One serving should be plated to be judged.
 - * Oral presentation for judge will include introduction of members, summary of 4-H activities, discuss dish prepared including ingredients used, how prepared, and nutritional considerations. (2 1/2 minute max.)
- Seniors - Grades 8-12
 - * Teams will be given four secret ingredients and a clue. The teams will use the clue, secret ingredients, and items from a common pantry to create a recipe.
 - * One serving of the recipe will be plated to be judged.
 - * Oral presentation for judge will include introduction of team, discussion of dish—what, why, and how prepared, nutritional aspects, safety issues, and cost per serving. (3 min.)

4-H Food Show

Level II: 3rd –5th Grade

Muffins - 3 muffins
Rolled Biscuit - 3 biscuits **Baked**
Dropped Cookies – 3 cookies to
 Must not be a shaped cookie such as
 snickerdoodle or peanut butter,
Other Food Science Exhibits
Food Preservation Exhibit
Jam or Jelly –1 pint or half pint jar,
 processed in boiling water canner.
Fruit Leather- 2 pieces
Salsa/Picante Sauce-1 pint or half
 pint jar.
Diversity Exhibit
 Educational poster based on
 breads or cheese from another
 country.
Nutrition Exhibit
 Educational Poster Based on Reci-
 pe Modification for healthy eating
Food or Kitchen Safety Exhibit
 Poster based on food or kitchen
 safety.
Other Exhibit
 Poster illustrating a place setting
 for a specific occasion or menu.

Level III: Grades 6-8

Yeast Bread-1/2 shaped loaf. . Not a
 sweet dough.

Yeast Cinnamon Rolls – 3 rolls. No
 icing.

Rolled Cookies – 3 cookies, may use
 any rolled sugar cookie recipe. Not
 a gingerbread cookie.

Other Food Science Exhibits

Level III

Food Preservation Exhibit
Cucumber Pickles or Vegetable Relish
 - 1 pint jar.
Canned fruit – 1 pint jar or quart jar.
 Not pickled. Contains single fruit.
Dried fruit—1/2 cup single fruit.

Diversity

Poster based on foods from ano-
 ther culture. Can be based on a cul-
 tural celebration.

Nutrition Exhibit

Poster based on nutritional contri-
 butions of fruits and vegetables.

Food or Kitchen Safety Exhibit

Educational poster based on pro-
 tein food safety.

Other Exhibit

Display based on breakfast bread
 buffet theme. Display must be free
 standing, with sides attached. Dis-
 plays should include menu, buffet
 layout, decoration and invitations,
 and any additional information.

Level IV: Grades 9th-12th

Bread of another Country– 1/2 loaf.
 bread from another culture. In-
 clude a 1-page story on how this
 bread fits into that culture and its
 nutritional contribution.

Cake- ½ of an 8-inch layer of an
 un-iced shorten type cake.

Other Food Science Exhibits

Level IV

Food Preservation Exhibit
Canned Vegetables—1 pint or quart
 pressure canned (no tomatoes or
 pickles)
Tomatoes—1 quart or 1 pint of plain
 canned.
Diversity Exhibit
 Educational poster based on the
 foods from another culture. Can
 be based on a cultural celebration.
Nutrition Exhibit
 Educational display based on reci-
 pe modification,
Food or Kitchen Safety Exhibit
 Poster on food safety in outdoor
 cookery or grilling.
Other Exhibit
 Educational poster on careers in
 the food industry.

MAY THE
FOURTH
BE WITH
YOU



May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Loyal Doers 4-H meeting	Yarbrough 4-H Meeting		Parade Float Decorating 1:30-5:30	Guymon Pioneer Day Parade 9am
7	8	9	10	11	12	13
						West District Stem Day
14	15	16	17	18	19	20
	PVA Meeting @6pm at OSU Extension Office			Guymon Jr 4-H Meeting 4:30		Goodwell Eagles Meeting
21	22	23	24	25	26	27
	State Round UP due to County Office			Air Rifle prac- tice 9-Noon @ OPSU Range	Outdoor Camp RSVP DUE	
28	29	30	31	June 1	June 2	June 3
					Outdoor Camp @ Black Mesa	
June 4	June 5	June 6	June &	June 8	June 9	June 10
Outdoor Camp @ Black Mesa	Extension Office After Hours 4:30- 6:30		Food Show Workshop	Food Contest RSVP DUE		Food Show Contest

hello,



*it's been a while since
i've seen you last*

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						Outdoor Camp @ Black Mesa
4	5	6	7	8	9	10
Outdoor Camp @ Black Mesa	Food Workshop RSVP <u>Extension Office After Hours 4:30- 6:30</u>		Food Contest Workshop 9am-3pm	Food Contest RSVP		County Food Contest 9:30-Noon
11	12	13	14	15	16	17
	Metal Art Workshop RSVP	Loyal Doers 4-H meeting		Woodwork- ing Workshop RSVP	Metal Workshop 9am-3pm.	Muzzle loader Practice OPSU Range 9am-12pm
18	19	20	21	22	23	24
Goodwell Eagles Meeting		Metal Workshop 9am-3pm Cloverbud Camp RSVP		Cloverbud Camp 9am-12pm Guymon Jr 4-H Meeting 4:30	Sewing Camp RSVP DUE	
27	28	29	28	29	30	July 1
	Shooting Sports Workshop RSVP DUE		Sewing Camp @ OSU Extension 9am-3pm			
July 2	July 3	July 4	July 5	July 6	July 7	July 8
			Shooting Sports Workshop		<u>District Discovery Days Woodward</u>	



DATES TO REMEMBER



- ◇ **May 5, 2023**-Parade Float Decoration Day
- ◇ **May 6, 2023**-Pioneer Day Parade
- ◇ **May 25, 2023**– Shooting Sports Practice (Rifle) @ OPSU Range
- ◇ **June 2-4, 2023**– Outdoor Camp (tentatively)
- ◇ **June 7, 2023**-Food Workshop
- ◇ **June 10, 2023**-County Food Contest Day
- ◇ **June 16, 2023**-Metal Art Workshop
- ◇ **June 17, 2023**– Shooting Sports Practice (Muzzleloader) @ OPSU Range
- ◇ **June 20, 2023**-Woodworking Workshop
- ◇ **June 22, 2023**-Cloverbud Camp
- ◇ **June 28-30, 2023**-Sewing Camp and Impressive Dress Contest
- ◇ **July 5, 2023**-Shooting Sports Workshop
- ◇ **July 6-7, 2023** –West District Discovery Days @ Woodward
- ◇ **July 15, 2023**– Shooting Sports Practice (Shotgun) @ OPSU Range
- ◇ **July 21, 2023**-Workshop (To be determined)
- ◇ **July 25-28, 2023**-State 4-H Round UP
- ◇ **August 4, 2023**-Workshop (County Fair project finish up)
- ◇ **August 16-19, 2023**-County Fair
- ◇ **August 19, 2023**—County Shooting Sports Contest
- ◇ **August/September**-Record Book Workshops
- ◇ **September 8, 2023**-Record Books Due to County Office
- ◇ **September 12, 2023**-State Fair Entries to the State Fair
- ◇ **September 23, 2023**-FCS Skill-a-Thon Workshop and Contest
- ◇ **October 7, 2023**– 4-H Honors Night
- ◇ **October 11-13, 2023**-District Leadership Conference in Midwest City.
- ◇ **October 21, 2023**– Shooting Sports Certification @OPSU Range 9am-noon
- ◇ **November 18, 2023**- Shooting Sports Certification @OPSU Range 9am-noon
- ◇ **November 18, 2023**– County 4-H Has Talent Contest and Dinner
- ◇ **December TBA**- Winter Social
- ◇ **January 2024**-County Talks Contest



- **Texas County 4-H has a Facebook page!**
- **Texas County Website at <http://oces.okstate.edu/texas>**
- **Oklahoma State 4-H website: <http://oklahoma4h.okstate.edu/>**



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**4-H is for YOU !
4-H is for FUN !**